



Coordinators' Communique

State Health Plan Prevention Partners

February 2006/March 2006

Dear Prevention Partners Coordinator:

Spring Walk Set for April 28th!!!

If you haven't heard, the 2006 Prevention Partners Spring Wellness Walk is taking place on Friday, April 28. As always, the kick-off site will be at scenic Riverfront Park in Columbia and will feature lots of snacks and door prize donations from local businesses. We promise you a day of fun, and hope to show you why walking is America's most popular exercise. The benefits are many, including helping control weight, blood sugar and cholesterol levels, reducing blood pressure and psychologically, walking generates an overall feeling of well-being, and can relieve depression, anxiety, and stress by producing endorphins, the body's natural tranquilizer. Plus it's one of the easiest ways to be physically active. You can do it almost anywhere and at any time. It's inexpensive, and all you need is a pair of shoes with sturdy heel support.

Information regarding the walk will be sent to you in the near future, so please be on the lookout for it! Also, the 2006 walk t-shirts will be coming in soon. This years t-shirts will be bright white with an oversized palmetto tree and crescent moon on the back in blue with the words "Prevention Partners" underneath. Again this year, our walk t-shirts will be priced low, so we expect these shirts to sell out quickly. If you would like a t-shirt this year, be sure to order yours early. If you have any questions regarding the shirts or the walk, call Prevention Partners at (803) 737-3820.



Preventive Worksite Regional Screenings

For those who would like to participate in one of our regional screenings, the next two are as follows:

- Aiken USC-Aiken March 28, 2006
- Charleston Trident Technical College April 13, 2006

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at emcelveen@eip.sc.gov.

Chronic Disease Workshops

We have two workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

- Dash Diet Workshop February 14, 2006 Columbia Noon – 1:30 p.m.
- Healthy Heart Nutrition February 21, 2006 Spartanburg Noon – 1:30 p.m.

Registration forms for any of our workshops will be available approximately one month prior to the workshop date and can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Disease Management").

Internet Health Resources

For some great health and wellness information, be sure to check out www.health.gov. This website is a portal to the websites of a number of multi-agency health initiatives and activities of the U.S. Department of Health and Human Services and other Federal departments and agencies. This one website will really prove useful in implementing health and wellness at your worksite. Here you will find a calendar of 2006 National Health Observances, a health library, online check-ups, and daily health news.

Comments?

If you have something to say about the programming Prevention Partners offers, then we want to hear from you! And you don't have to wait for us to send you a survey on our Preventive Worksite Screening Program or our Chronic Disease Workshops. If you have anything to say, whether it's positive or negative, just simply email us. Comments about our Chronic Disease Workshops can be sent to Ramsey Makhuli at rmakhuli@eip.sc.gov. Comments about our Preventive Worksite Screening Program can be sent to Elliott McElveen at emcelveen@eip.sc.gov. Remember, the only way we can serve you better is through your feedback.

Contents of this mail-out are:

February/March Coordinators' Communiqué
February Bulletin Board Service
March Bulletin Board Service